

CHILDREN'S ARTS AND CRAFTS PROGRAM
AT
THE AQUATIC ACTIVITY CENTER
TULLY PARK
1801 EVERGREEN AVE., NEW HYDE PARK
516-739-3055

Day: Saturdays

Time : 12noon-1pm- ages 5-7 (11684A)

1:15pm-2:15pm ages 8-10 (11684B)

Dates : April 7-May 12

Fee: \$60.00

Payment : Cash; Check; payable to
The Town of North Hempstead,
Mastercard or Visa.



Must have 10 participants per class.

Maximum 10 participants per class
NO MAKE-UP CLASSES / NO REFUNDS

Must be Town of North Hempstead Resident
I.D. required(Parent Driver's license)

Registration in person at
Tully Park

Registration Hours:

Mon-Fri 9am-7pm

Sat/Sun 9am-4pm

KARATE/ SELF DEFENSE

TOWN OF NORTH HEMPSTEAD

TULLY PARK

1801 EVERGREEN AVE. NEW HYDE PARK, NY 11040

MARCH 24 – MAY 12

5-7 yr olds. (code 21686A)
Saturday 10:00am – 10:30am

8-17yr olds. (code 21686B)
Saturday 10:30 – 11:30am

Members: \$90 Non-Members: \$100



Develop physical strength, confidence, flexibility, self discipline, while learning self protection and defense from a senior instructor with 30 years of experience.

Classes are designed to be fun, progressive and challenging with an aim towards Real World Self Defense skills!

Greater Academic Achievement is also a common benefit attained by most students!

Instructor, John Grima has been teaching Martial arts for 30 years specializing in Karate, Judo, JKD concepts, Weapons and Self Defense and Protection courses.

Wear comfortable clothing(sweatpants, t-shirt)
Uniforms will be available from instructor but not required for beginners.

SALSA

DANCE LESSONS!!

*Learn to dance New York's most popular style of **Salsa**, "**Salsa On 2**" AKA "**Nightclub Style**" and become part of NY's vibrant social dance scene!*

Salsa

March 27 – May 15

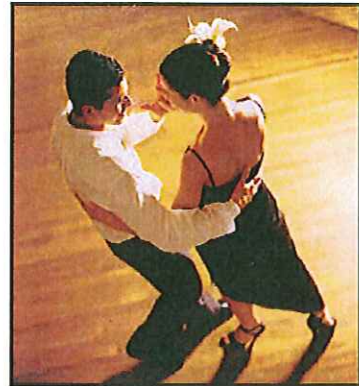
Basic Beginner Level 1 (21687A)

TUESDAYS 6:45pm – 7:45pm

Beginner Level 2 (21687B)

TUESDAYS 7:45pm – 8:45pm

Members \$72/ Non members \$80



*A perfect introductory class even if you have no prior dance experience. Discover the basics of **Salsa** in a friendly class environment with other beginners like yourself.*

No partner required!!

*Our **Salsa** classes will give you the instruction you need to shine on the dance floor!*



*Learn from an instructor directly involved in the New York **Salsa** scene!*

(dance shoes or leather sole shoes are recommended)

CHILDREN'S EXERCISE CLASS
AT THE AQUATIC CENTER
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NEW HYDE PARK
516-739-3055



THIS PROGRAM IS TO
DEVELOP BALANCE, FLEXIBILITY
AND STAMINA

TUESDAYS AND THURSDAYS
AGES 8-12 4PM-5PM -11680D
AGES 12-15 5PM-6PM- 11680E

APRIL 10,12,17,19,24,26
MAY 1, 3

FEE:

MEMBERS: \$40.00

NON-MEMBERS \$80.00